



RAC AGM 2019
Tuesday 26th March 2019



MAWOR Report
Executive Summary

We smashed it.

Track and Field

The MAWOR literally took over the Notts County Champs. Harvey Hadden was turned blue for the weekend – particularly in the men’s steeplechase where 10 of the 11 runners were RAC! Helen, Jo, Kathryn, Katherine, Chera all won medals and the WOR took two of the three relay medals. Marc Scott finally beat his little brother to take senior gold at steeplechase, 1500m and 400m. Steve, Marlon, Graham, Martin, James, Dave, Stephen, SuperKev and Mac all won medals before RAC fielded four of the five relay teams. RAC took gold and silver but the M50 quartet – “400 Years of Speed” had to settle for fourth.

Marc took over RAC Race Nights and utterly transformed them with officials, permits and Power of 10 results! As a result, RAC athletes occupy most of the top 5 age-group positions in the 600m. We had another crack at the World Marathon Challenge, smashed the world record and raised a stack of cash for charity. Joseph ran on the telly again in his RAC vest in the GB Indoors.

Marc, James, Graham and Maya competed as “higher claim” athletes for Newark AC in the North of England League – completing up to eight events each per fixture! This year, RAC have entered the league as a stand-alone club, providing competitive opportunities for U17s and above. Dust down those spikes and practice your hammer, pole vault, high jump and hurdles technique – we’re coming for you!

Road

Despite the World Cup clash, the MOR once again completed the Notts Summer League series. Out of the team medals this year, but we had some amazing turnouts and took some cracking team pictures. We also branched out and put out a couple of teams at the Midlands Road Relays in Birmingham. Elsewhere, Steve Dickens turned in some impressive road results – notably 11th place in the Robin Hood Half Marathon and a bronze medal in the British Masters 10k. Abi retained her County Marathon title. Marlon also took the County 10k bronze.

Cross Country

RAC had representation at EVERY fixture this season. We had teams at the Midland, National and Masters Relays: County, Midlands and National Champs; North Midlands League; Midland 5&7 and most impressively the East Midlands League where we fielded 30+ runners in each of the four fixtures. We didn’t quite retain our men’s and ladies’ titles but, helped by the older juniors and our C25K graduates, we did win the men’s C team trophy! And by the time you read this, we will have completed our first overseas club trip – 8 hardy athletes are heading to Belfast for the British Masters champs!

All in all, a thriving adult group with a tremendous team spirit.